

30 TASTE-TEMPTING RECIPES FROM THE KITCHENS OF ARMOUR FEATURING THESE FINE PRODUCTS



Today's families are participating in more leisure-time activities than ever before. That's why you need menu plans which are convenient and nutritious without sacrificing any of those special homemade touches.

This Free & Easy Recipe Book gives you 30 taste-tempting, easy to prepare recipes from the kitchens of Armour. Use these appetizing recipes for preparing a nutritional breakfast, lunch or dinner guaranteed to please your family. Or, try one of our party-time appetizers which your friends will love.

Each of the selected recipes illustrates the convenience, economy and versatility which Armour Star canned meats offer to you. Included are new microwave oven recipes as well as metric conversion recipes to familiarize you with two future trends in meal preparation.

Include these 30 recipe cards in your recipe files and discover why more housewives are including Armour Star Canned Meats in their "Free & Easy" plans.

Meal-In-A-Bowl Salad

2 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained, sliced
2 cups cooked, diced potatoes
2 cups shredded lettuce
1 cup sliced carrots
 $\frac{1}{2}$ cup sliced celery
 $\frac{1}{2}$ cup (2 oz.) shredded Cheddar cheese
 $\frac{1}{3}$ cup chopped onion
4 hard-cooked eggs, chopped
 $\frac{1}{2}$ cup mayonnaise
1 teaspoon dry mustard
 $\frac{1}{2}$ teaspoon salt
Dash of pepper
Lettuce cups
Dash of paprika

Combine sausages, potatoes, lettuce, carrots, celery, cheese, onion and eggs. Combine mayonnaise, mustard, salt and pepper; pour over salad mixture.



Mix lightly; chill. Serve in lettuce cups; garnish with paprika.

6 servings

Metric recipe on reverse side

Vienna Supper Hash

$\frac{1}{2}$ cup finely chopped green pepper
 $\frac{1}{4}$ cup finely chopped onion
 $\frac{1}{4}$ cup butter or margarine
2 cups frozen hash brown potatoes
2 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained, cut in $\frac{1}{4}$ -inch slices
 $\frac{1}{2}$ teaspoon salt
Dash of pepper
4 eggs

In 10-inch fry pan, cook green pepper and onion in butter or margarine 5 minutes. Add potatoes; cook, covered, 15 minutes, stirring occasionally. Reduce heat. Add sausages and seasonings; mix lightly. Make 4 slightly rounded indentations in hash mixture and break eggs into them. Cook, covered, 7 to 10 minutes or until eggs are set.

4 servings



Microwave Instructions on reverse side

Viennas, Bavarian Style

2 cups frozen hash brown potatoes
6 tablespoons butter or margarine
2 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained, sliced
1 10 $\frac{3}{4}$ -oz. can cream of mushroom soup
1 16-oz. can sauerkraut, drained, rinsed
 $\frac{1}{2}$ cup mayonnaise
1 teaspoon caraway seed
1 cup soft bread crumbs

Heat oven to 350°. Cook potatoes, covered, in 4 tablespoons butter or margarine 10 minutes. Add sausages, soup, sauerkraut, mayonnaise and caraway seed; pour into 2-qt. casserole. Melt remaining 2 tablespoons butter or margarine; combine with bread crumbs. Sprinkle over casserole. Bake at 350°, 35 minutes.

4 servings



Metric recipe on reverse side

Meal-In-A-Bowl Salad

2 142 g cans Armour Star Vienna
Sausage in Beef Stock, drained,
sliced
500 ml cooked, diced potatoes
500 ml shredded lettuce
250 ml sliced carrots
125 ml sliced celery
125 ml (55 g) shredded Cheddar cheese
75 ml chopped onion
4 hard-cooked eggs, chopped
125 ml mayonnaise
5 ml dry mustard
2 ml salt
1 ml pepper
Lettuce cups
1 ml paprika

Combine sausages, potatoes, lettuce,
carrots, celery, cheese, onion and eggs.
Combine mayonnaise, mustard, salt
and pepper; pour over salad mixture.
Mix lightly; chill. Serve in lettuce cups;
garnish with paprika.

6 servings

Microwave Instructions: Melt butter or margarine in 2-qt. casserole; stir in green pepper, onion and potatoes. Cook, covered, 6 to 7 minutes, stirring occasionally. Add sausages and seasonings; mix lightly. Make 4 slightly rounded indentations in hash mixture and break eggs into them; pierce yolks. Cook, covered, 6 to 8 minutes, rotating dish every 2 minutes.

Viennas, Bavarian Style

500 ml frozen hash brown potatoes
100 ml butter or margarine
2 142 g cans Armour Star Vienna
Sausage in Beef Stock, drained,
sliced
1 305 g can cream of mushroom
soup
1 454 g can sauerkraut, drained,
rinsed
125 ml mayonnaise
5 ml caraway seed
250 ml soft bread crumbs
Heat oven to 175°C. Cook potatoes,
covered, in 75 ml butter or margarine
10 minutes. Add sausages, soup,
sauerkraut, mayonnaise and caraway
seed; pour into 40 cm casserole. Melt
remaining 25 ml butter or margarine;
combine with bread crumbs. Sprinkle
over casserole. Bake at 175°C,
35 minutes.

4 servings

Vienna Biscuit Ring

1 can refrigerated buttermilk biscuits (10 biscuits)
2 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained
2 tablespoons butter or margarine
2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
1 cup milk
1 10-oz. pkg. frozen mixed vegetables, cooked according to package directions
 $\frac{1}{4}$ cup dairy sour cream
 $\frac{1}{2}$ teaspoon Worcestershire sauce

Heat oven to 400°. Flatten biscuits; place in a ring, slightly overlapping, on greased cookie sheet. Put 1 sausage in center of each biscuit. Bake at 400°, 15 minutes. Thinly slice remaining sausages. Melt butter or margarine; stir in flour and salt. Slowly add milk, stirring



until thickened. Combine sauce, vegetables, sour cream, Worcestershire sauce and remaining sausages; heat. Remove biscuit ring to platter; fill center with vegetable mixture.

5 servings

Metric recipe on reverse side



Hot Viennese Bunwich

2 cups (8-oz.) shredded Cheddar cheese
1 3-oz. pkg. cream cheese, softened
1 tablespoon prepared mustard
Dash of garlic powder
7 frankfurter buns, split
3 5-oz. cans Armour Star Vienna Sausage in Beef Stock, drained

Heat oven to 400°. Combine cheeses, mustard and garlic powder; spread on cut surface of buns. Cut sausages in half lengthwise; arrange diagonally on bun halves. Place buns on cookie sheet and bake at 400°, 15 minutes or until cheese bubbles.

7 sandwiches



Metric recipe on reverse side.

Mexican Drumsticks

8 chicken drumsticks
Salt
Pepper
 $\frac{1}{4}$ cup butter or margarine
1 15½-oz. can Armour Star Chili with Beans
Sliced pitted ripe olives
2 cups hot cooked rice
2 tablespoons chopped green chilies

Heat oven to 350°. Season chicken with salt and pepper; brown in butter or margarine in oven-proof fry pan. Spoon chili over chicken; top with olives. Bake, covered, at 350°, 45 minutes. Combine rice and green chilies; serve chicken over rice mixture.

4 servings



Microwave Instructions on reverse side

Vienna Biscuit Ring

1 can refrigerated buttermilk biscuits
(10 biscuits)
2 142 g cans Armour Star Vienna
Sausage in Beef Stock, drained
40 ml butter or margarine
40 ml flour
2 ml salt
250 ml milk
1 283 g pkg. frozen mixed vegetables,
cooked according to package
directions
50 ml dairy sour cream
2 ml Worcestershire sauce

Heat oven to 205 °C. Flatten biscuits;
place in a ring, slightly overlapping,
on greased cookie sheet. Put 1 sausage
in center of each biscuit. Bake at 205 °C,
15 minutes. Thinly slice remaining
sausages. Melt butter or margarine;
stir in flour and salt. Slowly add milk,
stirring until thickened. Combine sauce,
vegetables, sour cream, Worcestershire
sauce and remaining sausages; heat.
Remove biscuit ring to platter; fill center
with vegetable mixture.
5 servings

Hot Viennese Bunwich

500 ml (220 g) shredded Cheddar
cheese
1 85 g pkg. cream cheese, softened
15 ml prepared mustard
1 ml garlic powder
7 frankfurter buns, split
3 142 g cans Armour Star Vienna
Sausage in Beef Stock, drained

Heat oven to 205 °C. Combine cheeses,
mustard and garlic powder; spread on
cut surfaces of buns. Cut sausages in
half lengthwise; arrange diagonally on
bun halves. Place buns on cookie sheet
and bake at 205 °C, 15 minutes or until
cheese bubbles.

7 sandwiches

Cut Here

Microwave Instructions: Season chicken with salt and pepper. Melt butter or margarine in 3-qt. casserole. Arrange chicken in dish, turning to coat with butter or margarine. Cook, covered, 14 minutes; turning chicken occasionally. Spoon chili over chicken; top with olives. Cook, covered, 14 minutes. Combine rice and green chilies; serve chicken over rice mixture.

Mexican Stack-ups

12 tortillas
Vegetable oil, heated
1 8-oz. pkg. cream cheese, softened
1 4-oz. can chopped green chilies, drained
2 15½-oz. cans Armour Star Chili with Beans
1 cup chopped lettuce
1 cup chopped tomato
½ cup (2-oz.) shredded Cheddar cheese

Heat oven to 350°. Fry tortillas in oil until crisp; drain. Combine cream cheese and green chilies. Spread each tortilla with cheese mixture; top with chili. Stack tortillas into 4 stacks; place on 15½ x 10½-inch jelly roll pan. Bake at 350°, 20 minutes. Top with lettuce, tomato and cheese.

4 servings



Fireside Chili Pot

2 15½-oz. cans Armour Star Chili with Beans
2 cups cooked rice
½ cup chopped onion
½ cup chopped green pepper
¼ cup sliced pitted ripe olives
½ cup (2-oz.) shredded Cheddar cheese

Combine chili, rice, onion and green pepper in iron kettle; heat over low heat, stirring occasionally, 20 minutes or until bubbly. Sprinkle with olives and cheese; continue heating until cheese melts, approximately 10 minutes.

6 servings



Ideal supper made over the campfire.

Microwave Instructions on reverse side.

Hot Chili-Cheese Dip

1 15-oz. can Armour Star Chili without Beans
1 4-oz. can chopped green chilies
1 lb. process American cheese, shredded
1 tablespoon Worcestershire sauce
Corn chips

Combine all ingredients, except chips; heat, stirring occasionally, over low heat until cheese melts. Serve as a dip with corn chips.

4 cups



Microwave Instructions on reverse side

To soften an 8-oz. package of cream cheese, remove foil wrapper, place in glass container. Cook 30 seconds to 1 minute in microwave oven.

Microwave Instructions: Combine chili, rice, onion and green pepper in 3-qt. casserole. Cook, covered, 12 minutes, stirring occasionally. Sprinkle with olives and cheese. Cook, covered, 1 minute. Let stand, covered, 5 minutes before serving.

Microwave Instructions: Combine all ingredients, except chips, in 1½-qt. casserole. Cook, covered, 6 minutes, stirring occasionally. Serve as a dip with corn chips.

Chili Omelet

1 tablespoon butter or margarine
3 eggs, beaten
1 tablespoon milk
 $\frac{1}{2}$ teaspoon salt
Dash of pepper
 $\frac{1}{4}$ cup Armour Star Chili without Beans
 $\frac{1}{4}$ cup (1-oz.) shredded American cheese

Melt butter or margarine in 6-inch fry pan over medium heat. Combine eggs, milk and seasonings; pour into fry pan. Reduce heat. As mixture sets, lift slightly with spatula to allow uncooked portion to flow underneath. When mixture is almost set, spoon chili over top; sprinkle with cheese. Fold in half.

1 omelet

Note: 1 can chili yields eight omelets.



Microwave Instructions on reverse side

Fiesta Ole'

1 15 $\frac{1}{2}$ -oz. can Armour Star Sloppy Joes
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped green pepper
1 cup (4-oz.) shredded Cheddar cheese
 $\frac{1}{4}$ cup sliced pitted ripe olives
Cornbread

Combine sloppy Joes, onion and green pepper. Simmer, covered, 15 minutes. Stir in cheese and olives. Serve over cornbread

2 servings



Microwave Instructions on reverse side

Hash Pie

2 15-oz. cans Armour Star Corned Beef Hash
 $\frac{1}{2}$ cup soft bread crumbs
2 eggs, slightly beaten
1 10-oz. pkg. frozen mixed vegetables, cooked according to package directions
1 10 $\frac{3}{4}$ -oz. can cream of celery soup

Heat oven to 375°. Combine hash, bread crumbs and eggs; mix until well blended. Place in 9-inch pie plate. Bake at 375°, 30 minutes or until set. Combine vegetables and soup; heat. To serve, cut pie into wedges; top with vegetable sauce.

6 servings



Microwave Instructions on reverse side

Microwave Instructions: Melt butter or margarine in 9-inch glass pie plate. Combine eggs, milk and seasonings; pour into pie plate. Cook, covered tightly with plastic wrap, 1 minute 30 seconds; stir cooked edges toward center. Cook, covered, 1 minute. Spoon chili over top; sprinkle with cheese. Loosen edges with rubber spatula. Fold in half. Cook, covered, 30 seconds. Let stand, covered, 1 minute before serving.

Microwave Instructions: Combine sloppy Joes, onion and green pepper. Cook, covered, 6 minutes. Stir in cheese and olives; cook, uncovered, 1 minute. Serve over cornbread.

Microwave Instructions: Combine hash, bread crumbs and eggs; mix until well blended. Place in 9-inch glass pie plate. Cook, covered, 10 minutes, rotating dish. Combine vegetables and soup; cook, covered, 3 minutes, stirring occasionally. To serve, cut pie into wedges; top with vegetable sauce.

Hash 'n Squash

2 acorn squash
Salt
Pepper
2 15-oz. cans Armour Star Corned Beef Hash
 $\frac{1}{2}$ cup (2-oz.) shredded Cheddar cheese
4 green pepper strips

Heat oven to 350°. Rinse squash; cut in half, remove seeds. Place cut side down in shallow baking dish. Bake at 350°, 30 minutes. Turn squash cut side up; season with salt and pepper. Divide hash evenly into squash halves; heat 20 minutes. Sprinkle with cheese; continue heating until cheese melts, about 5 minutes. Garnish with green pepper strips.

4 servings



Microwave Instructions on reverse side.

Corned Beef O'Brien

$\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped green pepper
1 tablespoon butter or margarine
1 15-oz. can Armour Star Corned Beef Hash
1 cup (4-oz.) shredded Cheddar cheese

In fry pan, cook onion and green pepper in butter or margarine 5 minutes; add hash. Heat, stirring occasionally, until mixture is crisp and brown as desired. Sprinkle with cheese; cover pan. Heat 5 minutes.

2 servings



Microwave Instructions on reverse side

Home Style Beef Pie

1 24-oz. can Armour Star Beef Stew
1 10-oz. pkg. frozen peas, cooked according to package directions
2 cups hot cooked mashed potatoes

Heat oven to 375°. Combine beef stew and peas; place in 1½-qt. casserole. Spoon mashed potatoes around edge of beef mixture. Bake at 375°, 30 minutes.

4 to 6 servings



Metric recipe on reverse side

Microwave Instructions: Rinse squash; leave whole. Cook 10 to 12 minutes or until tender; let stand 5 minutes. Cut in half and remove seeds. Place cut side up in shallow baking dish; season with salt and pepper. Divide hash evenly into squash halves. Cook, covered with wax paper, 4 to 5 minutes. Sprinkle with cheese; garnish with green pepper strips.

Microwave Instructions: Melt butter or margarine in 1½-qt. casserole. Stir in onion and green pepper; cook, covered, 2 minutes. Stir in hash; cook, covered, 4 minutes. Sprinkle with cheese; cook, uncovered, 1 minute.

Home Style Beef Pie

1 681 g can Armour Star Beef Stew
1 283 g pkg. frozen peas, cooked
according to package directions

500 ml hot cooked mashed potatoes

Heat oven to 190 °C. Combine beef
stew and peas; place in 30 cm
casserole. Spoon mashed potatoes
around edge of beef mixture. Bake at
190 °C, 30 minutes.

4 to 6 servings

Company Scrambled Eggs

1 2½-oz. jar Armour Star Sliced Dried Beef, rinsed, chopped
1 cup sliced mushrooms
¼ cup butter or margarine
6 eggs
⅓ cup milk
Dash of salt
Dash of pepper
1 tablespoon chopped parsley

Cook dried beef and mushrooms in 3 tablespoons butter or margarine in fry pan. Remove mixture; add remaining tablespoon butter or margarine to pan. Combine eggs, milk, salt and pepper; pour into pan. Cook slowly until eggs are thickened but moist; remove to serving platter. Top with dried beef and mushroom mixture; sprinkle with parsley.

4 servings



Microwave Instructions on reverse side



Dried Beef Dip

1 2½-oz. jar Armour Star Sliced Dried Beef, rinsed, chopped
1 8-oz. pkg. cream cheese, softened
½ cup milk
1 teaspoon dill weed
½ teaspoon prepared horseradish
Assorted fresh vegetables

Combine dried beef, cream cheese, milk, dill weed and horseradish; chill. Serve as a dip with assorted fresh vegetables.

1½ cups



Metric recipe on reverse side



Confetti Beef Mousse

2 envelopes unflavored gelatin
2 cups milk
¼ cup butter or margarine
3 tablespoons flour
1 cup mayonnaise
½ teaspoon prepared mustard
1 2½-oz. jar Armour Star Sliced Dried Beef, rinsed, chopped
1 cup finely chopped celery
½ cup finely chopped green pepper
¼ cup grated onion
Shredded lettuce

Dissolve gelatin in ½ cup milk. Melt butter or margarine in saucepan, blend in flour. Gradually add remaining milk, cook, stirring constantly until thickened. Stir in mayonnaise, mustard and gelatin. Add dried beef, celery, green pepper and onion. Pour into



lightly greased 1-qt. mold. Chill until set or overnight. Unmold, surround with lettuce.

6 to 8 servings

Metric recipe on reverse side



Microwave Instructions: Cook dried beef, mushrooms and butter or margarine in 2-qt. casserole, covered, 3 minutes. Combine eggs and milk; pour into casserole, stir. Cook, covered, 6 to 8 minutes or until eggs are set, stirring occasionally. Stir in salt and pepper. Sprinkle with parsley.

Dried Beef Dip

1 70 g jar Armour Star Sliced Dried Beef, rinsed, chopped
1 227 g pkg. cream cheese, softened
125 ml milk
5 ml dill weed
2 ml prepared horseradish
Assorted fresh vegetables

Combine dried beef, cream cheese, milk, dill weed and horseradish; chill. Serve as a dip with assorted fresh vegetables.

375 ml

Confetti Beef Mousse

2 envelopes unflavored gelatin
500 ml milk
50 ml butter or margarine
50 ml flour
250 ml mayonnaise
2 ml prepared mustard
1 70 g jar Armour Star Sliced Dried Beef, rinsed, chopped
250 ml finely chopped celery
125 ml finely chopped green pepper
50 ml grated onion
Shredded lettuce

Dissolve gelatin in 125 ml milk. Melt butter or margarine in saucepan; blend in flour. Gradually add remaining milk; cook, stirring constantly until thickened. Stir in mayonnaise, mustard and gelatin. Add dried beef, celery, green pepper and onion. Pour into lightly greased 20 cm mold. Chill overnight or until set. Unmold; surround with lettuce.
6 to 8 servings

Irish Mac Salad

1 12-oz. can Armour Star Corned Beef, shredded
2 cups (7-oz.) cooked elbow macaroni
1 cup dairy sour cream
 $\frac{1}{4}$ cup chopped green pepper
 $\frac{1}{4}$ cup chopped celery
2 tablespoons chopped onion
1 teaspoon salt
1 teaspoon prepared mustard
 $\frac{1}{4}$ teaspoon pepper
Lettuce cups

Combine all ingredients except lettuce cups; chill thoroughly. Serve in lettuce cups.

6 servings



Metric recipe on reverse side

Oriental Beef

2 12-oz. cans Armour Star Roast Beef
1 8½-oz. can water chestnuts, drained, sliced
1 6-oz. pkg. frozen Chinese pea pods
 $\frac{1}{4}$ cup soy sauce
3 cups hot cooked rice

Heat beef; stir in water chestnuts, pea pods and soy sauce. Heat thoroughly; serve over rice.

6 servings



Microwave Instructions on reverse side

Treet Hawaiian

1 12-oz. can Armour Star Treet
4 pineapple fingers, reserving syrup
1 16-oz. can sweet potatoes, drained
 $\frac{1}{4}$ cup brown sugar, packed
Dash of ground cloves

Heat oven to 375°. Make 4 lengthwise slits in Treet to within $\frac{1}{2}$ inch of bottom. Place one pineapple finger in each slit. Place in 1½-qt. casserole; arrange potatoes around meat. Combine $\frac{1}{2}$ cup reserved pineapple syrup, brown sugar and cloves; pour over meat and potatoes. Bake at 375°, 40 minutes. To serve, cut Treet and pineapple crosswise.

4 servings



Microwave Instructions on reverse side

Irish Mac Salad

1 340 g can Armour Star Corned Beef, shredded
500 ml (200 g) cooked elbow macaroni
250 ml dairy sour cream
50 ml chopped green pepper
50 ml chopped celery
25 ml chopped onion
5 ml salt
5 ml prepared mustard
1 ml pepper
Lettuce cups

Combine all ingredients except lettuce cups; chill thoroughly. Serve in lettuce cups.

6 servings

Microwave Instructions: Combine all ingredients, except rice, in 2-qt. casserole. Cook, covered, 7 to 8 minutes, stirring occasionally. Let stand 1 minute. Serve over rice.

6 servings

Microwave Instructions: Make 4 lengthwise slits in Treet to within $\frac{1}{2}$ -inch of bottom. Place one pineapple finger in each slit. Place in $1\frac{1}{2}$ -qt. casserole; arrange potatoes around meat. Combine $\frac{1}{2}$ cup reserved syrup, brown sugar and cloves; pour over meat and potatoes. Cook, covered, 5 to 6 minutes. Let stand, covered, 5 minutes. To serve, cut Treet and pineapple crosswise.

Swiss Yodeler Pie

1 1/4 cups milk
4 eggs, slightly beaten
1/2 teaspoon salt
Dash of cayenne
2 cups (8-oz.) shredded Swiss cheese
3 tablespoons flour
1 12-oz. can Armour Star Treet, chopped
2 9-inch unbaked pastry shells

Heat oven to 350°. Combine milk, eggs and seasonings; mix well. Toss cheese with flour; add cheese mixture and Treet to egg mixture. Pour into pastry shells. Bake at 350°, 45 minutes or until set.

8 servings



Metric recipe on reverse side

Mexicali Eggs

1 12-oz. can Armour Star Treet, sliced into 8 slices
2 tablespoons butter or margarine
1 cup finely chopped onion
8 eggs, slightly beaten
1/2 teaspoon salt
Dash of pepper
1 7-oz. can green chili salsa, heated

Place Treet in cold fry pan. Brown on both sides; remove from pan. Melt butter or margarine in fry pan; add onion. Cook until tender. Combine eggs and seasonings; pour into pan. Cook slowly, stirring occasionally until eggs are cooked. Spoon eggs over hot Treet slices. Pour salsa over the top.

6 to 8 servings.



Microwave Instructions on reverse side

Picadilly Sandwiches

1 12-oz. can Armour Star Treet, chopped
1/2 cup drained sauerkraut
1/4 cup chopped dill pickles
1/4 cup mayonnaise
1 tablespoon prepared mustard
16 rye bread slices
8 slices (8-oz.) processed Swiss cheese
Butter or margarine

Combine Treet, sauerkraut, pickles, mayonnaise and mustard. For each sandwich, spread slice of bread with mixture, cover with slice of cheese and second slice of bread. Spread outside of sandwich with butter or margarine. Grill on both sides until golden brown. 8 servings



Microwave Instructions on reverse side

Swiss Yodeler Pie

300 ml milk
4 eggs, slightly beaten
2 ml salt
1 ml cayenne
500 ml (220 g) shredded Swiss cheese
40 ml flour
1 340 g can Armour Star Treet,
chopped
2 9-inch unbaked pastry shells
Heat oven to 175°C. Combine milk,
eggs and seasonings; mix well. Toss
cheese with flour; add cheese mixture
and Treet to egg mixture. Pour into
pastry shells. Bake at 175°C, 45
minutes or until set.
8 servings

Microwave Instructions: Melt butter or margarine in 2-qt. casserole. Stir in onion; cook, covered, 2 minutes. Combine eggs and seasoning; pour into casserole. Cook, covered, 3 minutes; stir. Cook, covered, 3 minutes. Arrange Treet slices in 12 x 8-inch casserole; cook, covered, 2 minutes. Spoon eggs over hot Treet slices. Pour salsa over the top.

Microwave Instructions: Combine Treet, sauerkraut, pickles, mayonnaise and mustard. For each sandwich, spread slice of bread with mixture; cover with slice of cheese and second slice of bread. Spread outside of sandwich with butter or margarine. Preheat microwave browning skillet 3 minutes. Place sandwich on skillet; cook 45 seconds; turn. Cook, 1 minute or until golden brown.

Chopped Ham Florentine Style

½ cup butter or margarine
½ cup flour
½ teaspoon salt
Dash of pepper
2 cups milk
1 tablespoon prepared mustard
1 12-oz. can Armour Star Chopped Ham, cubed
1 10-oz. pkg frozen chopped spinach, cooked according to package directions
1 2½-oz. jar sliced mushrooms, drained
6 frozen patty shells, baked

Melt butter or margarine; stir in flour, salt and pepper. Slowly add milk, stirring until thickened. Stir in mustard, chopped ham, spinach and mushrooms; heat thoroughly. Serve in patty shells.

6 servings



Microwave Instructions on reverse side

Beef 'n Cheese Strata

½ cup finely chopped onion
½ cup finely chopped celery
2 tablespoons butter or margarine
12 white bread slices, crusts trimmed
1 12-oz. can Armour Star Chopped Beef, sliced into 12 slices
1 cup (4-oz.) shredded Cheddar cheese
3 eggs, beaten
1½ cups milk
1 teaspoon salt
Dash of pepper

Heat oven to 350°. Cook onion and celery in butter or margarine 5 minutes. In a greased 12 x 8-inch baking dish, layer bread, chopped beef slices, onion and celery mixture and cheese; repeat. Mix together eggs, milk and seasonings; pour over casserole. Bake at 350°, 40 minutes. Let stand 5 minutes before serving.

6 servings



Metric recipe on reverse side

Crowd Pleasing Toasties

1 loaf French bread
1 3-oz. can Armour Star Deviled Ham or Potted Meat
1 cup (4-oz.) shredded Cheddar cheese
½ cup butter or margarine, softened
¼ cup finely chopped onion

Slice bread into 12 slices. Combine deviled ham or potted meat, cheese, butter or margarine and onion; spread on bread slices. Broil 7 to 10 minutes or until browned.

12 sandwiches



Microwave Instructions: Melt butter or margarine in 2-qt. casserole. Stir in flour, salt, pepper and milk. Cook, covered, 6 minutes, stirring occasionally. Stir in mustard, chopped ham, spinach and mushrooms; cook, covered, 2 minutes. Serve in patty shells.

Beef 'n Cheese Strata

125 ml finely chopped onion
125 ml finely chopped celery
25 ml butter or margarine
12 white bread slices, crusts trimmed
1 340 g can Armour Star Chopped Beef, sliced into 12 slices
250 ml (110 g) shredded Cheddar cheese
3 eggs, beaten
375 ml milk
5 ml salt
1 ml pepper

Heat oven to 175 °C. Cook onion and celery in butter or margarine 5 minutes. In a greased 30 x 19 cm baking dish, layer bread, chopped beef slices, onion and celery mixture and cheese; repeat. Mix together eggs, milk and seasonings; pour over casserole. Bake at 175 °C, 40 minutes. Let stand 5 minutes before serving.
6 servings

Instant hot hors d'oeuvres: Spread one 3-oz. can Armour Star Deviled Ham and pimiento cheese spread on assorted crackers. Cook in microwave oven 15 seconds until warm.

Taco Pizza

1 12½-oz. pkg. Appian Way Pizza — Regular
1 15-oz. can Armour Star Chili without Beans
½ head lettuce, finely shredded
¼ cup finely chopped onion
1 cup chopped tomato
1 cup (4-oz.) shredded Cheddar cheese
1 avocado, peeled, sliced
Heat oven to 425°. Prepare pizza dough according to package directions. Spread with chili. Cover with sauce. Bake at 425°, 18 to 20 minutes or until crust is golden brown. Remove from oven; sprinkle with lettuce, onion, tomato, cheese and avocado
3 to 4 servings



Metric recipe on reverse side

Garden Variety Pizza

1 12½-oz. pkg. Appian Way Pizza — Regular
¼ cup chopped onion
¼ cup chopped green pepper
¼ cup sliced pitted ripe olives
1 2½-oz. jar sliced mushrooms, drained
1 12-oz. can Armour Star Treet, chopped
1 cup (4-oz.) shredded Mozzarella cheese
Heat oven to 425°. Prepare pizza dough according to package directions; cover with sauce. Top with onion, green pepper, olives, mushrooms, Treet and cheese. Bake at 425°, 18 to 20 minutes or until crust is golden brown.
3 to 4 servings



Beef Pepper Pizza

1 12½-oz. pkg. Appian Way Pizza — Regular
1 2½-oz. jar Armour Star Sliced Dried Beef, shredded
1 2½-oz. jar sliced mushrooms, drained
1 green pepper, sliced into rings
1 cup (4-oz.) shredded Mozzarella cheese
Heat oven to 425°. Prepare pizza dough according to package directions; cover with sauce. Sprinkle with dried beef, mushrooms, green pepper and cheese. Bake at 425°, 18 to 20 minutes or until crust is golden brown
3 to 4 servings



Metric recipe on reverse side

Taco Pizza

1 354 g pkg. Appian Way Pizza —
Regular
1 425 g can Armour Star Chili
without Beans
 $\frac{1}{2}$ head lettuce
50 ml finely chopped onion
250 ml chopped tomato
250 ml (110 g) shredded Cheddar
cheese
1 avocado, peeled, sliced

Heat oven to 220°C. Prepare pizza
dough according to package directions;
spread with chili. Cover with sauce.
Bake at 220°C, 18 to 20 minutes or
until crust is golden brown. Remove
from oven; sprinkle with lettuce, onion,
tomato, cheese and avocado.

3 to 4 servings

Add thinly sliced Armour Star Treet to barbecue
sauce; spoon onto buttered buns. Wrap each sand-
wich in paper towel; cook in microwave oven 30
seconds per sandwich. A barbecue Treet!

Beef Pepper Pizza

1 354 g pkg. Appian Way Pizza —
Regular
1 70 g jar Armour Star Sliced Dried
Beef, shredded
1 70 g jar sliced mushrooms, drained
1 green pepper, sliced into rings
250 ml (110 g) shredded Mozzarella
cheese

Heat oven to 220°C. Prepare pizza
dough according to package directions;
cover with sauce. Sprinkle with dried
beef, mushrooms, green pepper and
cheese. Bake at 220°C, 18 to 20
minutes or until crust is golden brown.

3 to 4 servings

NUTRITION INFORMATION

PROTEIN: Builds and maintains all tissues; forms an important part of enzymes, hormones and body fluids. Sources: meat, poultry, fish, seafood, milk, eggs and legumes. Recommended Daily Allowance 45 gm.

CARBOHYDRATES: Supply food energy; help the body use fat efficiently. Sources: cereal grains, rice, potatoes, honey, molasses, table sugar, syrups and candy.

FATS: Supply food energy in compact form; some supply essential fatty acids; help body use certain other nutrients. Sources: cooking fats and oils, butter, margarine and salad dressings:

VITAMIN A: Helps eyes adjust to dim light; helps keep skin smooth; helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection; promotes growth. Sources: liver, dark green vegetables and deep yellow fruit and vegetables, butter and fortified margarine.

VITAMIN C: Helps hold body cells together and strengthens walls of blood vessels; helps in healing wounds; helps tooth and bone formation. Sources: citrus fruits and juices, broccoli, Brussel sprouts, raw cabbage, sweet and green peppers.

THIAMINE: Helps body cells obtain energy from food; helps keep nerves in healthy condition; promotes good appetite and digestion. Sources: pork, heart, liver, kidney, whole grain and enriched breads and cereals.

RIBOFLAVIN: Helps the cells of the body use oxygen to release energy; helps keep eyes healthy; helps keep skin around mouth and nose smooth. Sources: milk, liver, kidney, heart, meat, eggs and dark leafy greens.

NIACIN: Helps the cells of the body use oxygen to produce energy; helps to maintain health of skin, tongue, digestive tract and nervous system. Sources: liver, meat, whole grain or enriched bread and cereals.

CALCIUM: Builds bones and teeth; helps blood to clot; helps nerves, muscles and heart to function properly. Sources: milk and milk products, leafy greens.

IRON: Combines with protein to make hemoglobin, the red substance of blood which carries oxygen from the lungs to muscles, brain and other parts of the body; helps cells use oxygen. Sources: liver, kidney, heart, meats, dry beans, whole grained and enriched breads and cereals, raisins, dark green leafy vegetables.

